



National Nutrient Database for Standard Reference
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Statistics Report 09119, Grapefruit, sections, canned, water pack, solids and liquids

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	89.85	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	36	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	151	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	0.58	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	9.15	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	8.75	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.41	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	21.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Thiamin	mg	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.249	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	5.1	--	--	--	--	--	--	--	--	Calculated or imputed	09112	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	--	--	--	--	--	--	Calculated or imputed	09112	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	09112	01/2003
Lipids													
Fatty acids, total saturated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

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6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Threonine 1 2	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Isoleucine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Leucine 1 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Lysine 1 2	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Methionine 1 2	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Cystine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Phenylalanine 2	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Tyrosine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine 1 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Arginine 1 2	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Histidine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Alanine 1 2	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Aspartic acid 1 2	g	0.103	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Glutamic acid 1 2	g	0.148	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Glycine 1 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Proline 1 2	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Serine 1 2	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD